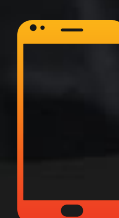




# How to live a happy life

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah ﷻ, The Most Gracious, The Most  
Merciful





Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you  
in good health and imaan.

On behalf of our AMAU Academy team, we would like  
to present to you these compiled notes that we have  
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team  
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May Allah ﷻ make our paths toward seeking  
beneficial knowledge easy and kindle our hearts  
with sincerity and gratefulness  
towards Him.

Jazakumullahu Khayran



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## Glossary



جل جلاله | Jalla Jalāluhu  
**Allah the Most Exalted**



صلى الله عليه وسلم | Sallāllāhu Alayhi Wa Sallam  
**Peace and blessings of Allah be upon him**



رضي الله عنه | RadiAllah ﷻ u`anhu  
**May Allah be pleased with him**



رحمه الله | Rahimahullah  
**May Allah have mercy upon him**

# Correct Belief and Righteous Actions

---

*Chapter One*

Many people look for happiness. They want to find relaxation and comfort. Looking for tranquillity and prosperity as well as ease and simplicity. Every believing man and women, who believes in Allāh ﷻ and the day of judgement.

Allāh ﷻ has reassured them that he will give them happiness in this world, as long as they come with correct belief and righteous actions, as Allāh ﷻ said:

1

﴿مَنْ عَمِلْ صَالِحًا مِّنْ ذَكَرٍ أَوْ أَنْتَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيَاةً طَيِّبَةً وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ﴾

**“Whoever does good, whether male or female, and is a believer, We will surely bless them with a good life, and We will certainly reward them according to the best of their good deeds.”**

Surah An-Nahl: 97

Ibn Abbas ؓ said:

2

**"الرزق الحسن في الدنيا: (الحياة الطيبة)"**

**“(A good life): Good provision in this world”**

Hasan al-Basrī ؓ said:

3

**"الحياة الطيبة: القناعة"**

**“A good life: Contentment”**

Al-Dahhāk ؓ said:

4

**"هي الرزق الحلال والعبادة في الدنيا"**

**“It is permissible provision and acts of worship in this world”**

Ibn Kathīr ؓ said:

5

**"وَالصَّحِيحُ أَنَّ الْحَيَاةَ الطَّيِّبَةَ تَشْمَلُ هَذَا كُلَّهُ"**

**“That which is correct is that a good life entails all of this”**

For a person’s actions be to righteous, two conditions must be found:

1

**Sincerity**

2

**In line with the Messenger of Allāh**

Anyone who is looking for happiness in this world and the hereafter and doesn’t take its means. The saying of the poet will become a reality for them:

إن السفينة لا تجري على اليبس



ترجو النجاة ولم تسلك مسالكها

**You seek success but do not take its path**

\*\*\*

**verily, the boat does not sail on the shore**

Another poet says:

Another poet says:

ومن العجائب والعجائب جمّة

قرب الدواء وما إليه الوصول

كالعيس في البيداء يقتلها الظمأ

والماء فوق ظهورها محمول

From the fascinations and the fascinations are many  
\*\*\*  
the cure is very close but [the people] do not come to it  
  
Like the riding beast who is thirsty  
\*\*\*  
and it is carry water on its back



# Tawhīd

*Chapter Two*

The second way to obtain happiness, is to actualise Tawhīd. Tawhīd is the means to success and it is the source and the reality of happiness in this world and the hereafter.

Allāh ﷻ said:

1

﴿الَّذِينَ آمَنُوا وَلَمْ يَلْبِسُوا إِيمَانَهُمْ بِظُلْمٍ أُولَٰئِكَ لَهُمُ الْأَمْنُ وَهُمْ مُهْتَدُونَ﴾

**“It is ‘only’ those who are faithful and do not tarnish their faith with falsehood who are guaranteed security and are ‘rightly’ guided.”**

Surah An-An’ām: 82

The Prophet ﷺ explained that the oppression in this verse is referring to Shirk with another verse, wherein Luqmān says to his son:

2

﴿وَإِذْ قَالَ لُقْمَانُ لِابْنِهِ وَهُوَ يَعِظُهُ يَا بُنَيَّ لَا تُشْرِكْ بِاللَّهِ إِنَّ الشِّرْكَ لَظُلْمٌ عَظِيمٌ﴾

**“And ‘remember’ when Luqmān said to his son, while advising him: O my dear son! Never associate ‘anything’ with Allah ﷻ ‘in worship’, for associating ‘others with Him’ is truly the worst of all wrongs.”**

Surah Luqmān: 13

Therefore, oppression in this verse is avoids Shirk and comes with the opposite which is Tawhīd, Allāh ﷻ promises two things; that the person will receive safety and will be guided.

When one is guided, they are in a state of ease, and peace. When one is not given guidance, they are in a state of stress and confusion which brings about depression, anxiety and other than it.

Allāh ﷻ says:

3

﴿بَلَىٰ مَنْ أَسَاءَ وَجْهَهُ لِلَّهِ وَهُوَ مُحْسِنٌ فَلَهُ أَجْرُهُ عِنْدَ رَبِّهِ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ﴾

**“But no! Whoever submits themselves to Allah ﷻ and does good will have their reward with their Lord. And there will be no fear for them, nor will they grieve.”**

Surah Al-Baqarah: 112

It has been narrated on the authority of Abū Hurayrah that he said:

4

"قِيلَ يَا رَسُولَ اللَّهِ، مَنْ أَسْعَدَ النَّاسِ بِشَفَاعَتِكَ يَوْمَ الْقِيَامَةِ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: لَقَدْ ظَنَنْتُ يَا أَبَا هُرَيْرَةَ أَنْ لَا يَسْأَلَنِي عَنْ هَذَا الْحَدِيثِ أَحَدٌ أَوَّلَ مِنْكَ، لِمَا رَأَيْتُ مِنْ حِرْصِكَ عَلَى الْحَدِيثِ، أَسْعَدُ النَّاسِ بِشَفَاعَتِي يَوْمَ الْقِيَامَةِ مَنْ قَالَ لَا إِلَهَ إِلَّا اللَّهُ، خَالِصًا مِنْ قَلْبِهِ أَوْ نَفْسِهِ"

**“O Allāh ﷻ’s Messenger (ﷺ)! Who will be the happiest person who will gain your intercession on the Day of Resurrection? Allāh ﷻ’s Messenger (ﷺ) said: O Abā Hurayrah! I have that that none will ask me about it before you as I know your longing for these hadīth. The happiest person who will have my intercession on the Day of Resurrection will be the one who sincerely said from the bottom of his heart: No deity has the right to be worshipped in truth except Allāh ﷻ”**

Sahīh al-Bukhārī

Ibn al-Qayyim mentions that three matters are the foundations of happiness:

- 1 Tawhīd which opposes Shirk**
- 2 Sunnah which opposes Bid'ah**
- 3 Obedience which opposes sins**



# Sunnah



*Chapter Three*

One of the ways to obtain happiness – in this world and the hereafter - is to hold on to the Sunnah. To do this one has to follow the Prophet ﷺ.

Allāh ﷻ says:

1

﴿وَمَنْ يُطِعِ اللَّهَ وَالرَّسُولَ فَأُولَئِكَ مَعَ الَّذِينَ أَنْعَمَ اللَّهُ عَلَيْهِمْ مِنَ النَّبِيِّينَ وَالصِّدِّيقِينَ وَالشُّهَدَاءِ وَالصَّالِحِينَ وَحَسُنَ أُولَئِكَ رَفِيقًا﴾

**“And whoever obeys Allah ﷻ and the Messenger will be in the company of those blessed by Allah ﷻ: the prophets, the people of truth, the martyrs, and the righteous—what honourable company!”**

Surah An-Nisā: 69

The great companion Anas Ibn Mālik رضي الله عنه said:

2

**"من مات على السنة كان مع النبيين والصدّيقين وإن كان له تقصير في العمل"**

**“Whoever dies upon the Sunnah will be in the company of the prophets and the people of truth, even if they have some deficiency in their actions”**

Shaykh al-Islām Ibn Taymiyyah رحمه الله said:

3

**"إن الله يرفع العبد على قدر تمكسه بالسنة"**

**“Verily Allāh ﷻ raises the servant in relation to his holding firm to the Sunnah”**

The Prophet ﷺ said:

4

**"الْمَرْءُ مَعَ مَنْ أَحَبَّ"**

**“A person will be with whom he loves”**

Sahīh al-Bukhārī and Muslim

So, if you love the prophet and the righteous people you will be with them.

Anas Ibn Mālik رضي الله عنه said:

5

**"فَمَا فَرِحَ الْمُسْلِمُونَ فَرَحَهُمْ بِهَذَا الْحَدِيثِ"**

**“The Muslims [i.e. the companions] did not become happy like the happiness by this hadīth”**

Sahīh al-Bukhārī and Muslim

Allāh ﷻ says:

6

﴿يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَجِيبُوا لِلَّهِ وَلِلرَّسُولِ إِذَا دَعَاكُمْ لِمَا يُحْيِيكُمْ ۚ وَاعْلَمُوا أَنَّ اللَّهَ يَحُولُ بَيْنَ الْمَرْءِ وَقَلْبِهِ وَأَنَّهُ إِلَيْهِ تُحْشَرُونَ﴾

**“O believers! Respond to Allah ﷻ and His Messenger when he calls you to that which gives you life. And know that Allah ﷻ stands between a person and their heart, and that to Him you will all be gathered.”**

Surah Al-Anfāl: 24

Anyone who obeys the messenger will not find misguidance in this world and will be from the people of Jannah. Furthermore, he will not live a hard life in this world and Allāh ﷻ will resurrect this person happy and joyful. The one who goes against the Prophet ﷺ and the Sunnah will live a very hard life and will be resurrected blind.

Allāh ﷻ says:

7

﴿فَمَنِ اتَّبَعَ هُدَايَ فَلَا يَضِلُّ وَلَا يَشْقَى - وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَنَحْشُرُهُ يَوْمَ الْقِيَامَةِ أَعْمَى - قَالَ رَبِّ لِمَ حَشَرْتَنِي أَعْمَى وَقَدْ كُنْتُ بَصِيرًا - قَالَ كَذَلِكَ أَتَتْكَ آيَاتُنَا فَنَسِيتَهَا ۖ وَكَذَلِكَ الْيَوْمَ تُنْسَى﴾

“Whoever follows My guidance will neither go astray ‘in this life’ nor suffer ‘in the next’. But whoever turns away from My Reminder will certainly have a miserable life, then We will raise them up blind on the Day of Judgment. They will cry: My Lord! Why have you raised me up blind, although I used to see? Allah ﷻ will respond: It is so, just as Our revelations came to you and you neglected them, so Today you are neglected.”

Surah Tāhā: 123-126

Ibn Kathīr رحمه الله states:

8

"قال ابن عباس: لا يضل في الدنيا ، ولا يشقى في الآخرة. (ومن أعرض عن ذكرى) أي: خالف أمري ، وما أنزلته على رسولي، أعرض عنه وتناساه وأخذ من غيره هدايه (فإن له معيشة ضنكا) أي: في الدنيا، فلا طمأنينة له، ولا انشراح ل صدره، بل صدره [ضيق] حرج لضلاله، وإن تنعم ظاهره، ولبس ما شاء وأكل ما شاء، وسكن حيث شاء"

“Ibn ‘Abbās said: will neither go astray in this life nor suffer in the hereafter. (But whoever turns away from My Reminder) i.e.: opposes my command, and that which I have revealed upon my Messenger, turns away from it, and takes a guidance other than it (will certainly have a miserable life) i.e.: in this world, he will have no tranquillity, nor will their chest be expansive, rather their chest will be tight; full of misguidance, even if they seem to be blessed from the apparent; wearing what they want, eating what they want and residing where they want”

Tafsīr Ibn Kathīr

Imām Mālik رحمه الله said:

9

"السنة كسفينة نوح فمن ركبها نجا ومن تخلف عنها غرق وهوى"

“The Sunnah is like the ark of Nūh; whoever is upon it has been saved and whoever has left it has drowned”



# Honour Through the Religion

---

*Chapter Four*

The greatest blessings of Allāh ﷻ upon the Muslims is the blessing of Islam.

Allāh ﷻ said:

**1** ﴿الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتْمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيتُ لَكُمُ الْإِسْلَامَ دِينًا﴾  
**“Today I have perfected your faith for you, completed My favour upon you, and chosen Islam as your way.”**

Surah Al-Mā'idah: 3

Ibn ‘Abbās ؓ said:

**2** "هو الإسلام"  
**“It is Islam”**

Allāh ﷻ is informing us that Islam has been completed for the believers. Also, Allāh ﷻ informs the believers that He has completed His blessing upon them; which is referring to Islam.

It has been narrated on the authority of Tāriq Ibn Shihāb that he said:

**3** "جَاءَ رَجُلٌ مِنَ الْيَهُودِ إِلَى عُمَرَ فَقَالَ يَا أَمِيرَ الْمُؤْمِنِينَ آيَةٌ فِي كِتَابِكُمْ تَقْرَءُوهَا لَوْ عَلَيْنَا نَزَلَتْ مَعْشَرَ الْيَهُودِ لَاتَّخَذْنَا ذَلِكَ الْيَوْمَ عِيدًا . قَالَ وَأَيُّ آيَةٍ قَالَ { الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتْمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيتُ لَكُمُ الْإِسْلَامَ دِينًا } فَقَالَ عُمَرُ إِنِّي لَأَعْلَمُ الْيَوْمَ الَّذِي نَزَلَتْ فِيهِ وَالْمَكَانَ الَّذِي نَزَلَتْ فِيهِ نَزَلَتْ عَلَى رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِعَرَفَاتٍ فِي يَوْمِ جُمُعَةٍ"

**“A Jew came to ‘Umar and said: Commander of the Faithful, there is a verse in your Book, which you recite. Had it been revealed in connection with the Jews, we would have taken it as the day of rejoicing. Thereupon he said: Which verse do you mean? He replied: This day I have perfected your religion for you and I have completed My favours upon you and I have chosen al-Islam as religion for you. Umar said, I know the day when it was revealed and the place where it was revealed. It was revealed to Allah ﷻ's Messenger (ﷺ) at 'Arafat on Friday.”**

Sahīh Muslim 3017

Islam is a religion which brings happiness and prosperity.

The Prophet ﷺ said:

**4** "قَدْ أَفْلَحَ مَنْ أَسْلَمَ وَرَزَقَ كَفَافًا وَقَنَّعَهُ اللَّهُ بِمَا آتَاهُ"  
**“He is successful who has accepted Islam, who has been provided with sufficient for his want and been made contented by Allah ﷻ with what He has given him”**

Sahīh Muslim 1054

If we understood the value and beauty of this religion which we behold, we would not be looking for honour in this world and the hereafter in other than it.

‘Umar Ibn al-Khattāb ؓ said:

**5** "إِنَّا كُنَّا أَذِلَّ قَوْمٍ فَأَعْزَنَا اللَّهُ بِالْإِسْلَامِ فَمَهْمَا نَطْلُبُ الْعِزَّةَ بغير ما أعزنا الله به أذلنا الله"  
**“We were the most humiliated people, then Allāh ﷻ gave us honour through Islam. So, whenever we seek honour throughout other than it, Allāh ﷻ will humiliate us.”**

Al-Mustadrak al-Hākim and authenticated by al-Albānī

A poet said:

فضياعه من أعظم الخسران

الدين رأس المال فاستمسك به

**The religion is your capital so hold it firmly**  
\*\*\*  
**for it being left is the greatest loss**

Another poet said:

فلاتترك التقى اتكالا على النسب

لعمرك ما للإنسان إلابدينه

**A person has no value except through their religion**  
\*\*\*  
**therefore do not leave piety and rely upon lineage**



# Beneficial Knowledge

---

*Chapter Five*

It is important to seek beneficial knowledge which will bring one closer to Allāh ﷻ and distant one from the wrath of Allāh ﷻ.

Seeking Islamic knowledge is one of the greatest acts of worship and manners in which to come closer to Allāh ﷻ. One cannot truly attain happiness in this life and the hereafter except with beneficial knowledge.

It has been narrated on the authority of Humayd Ibn ‘Abd al-Rahmān:

- 1 "سَمِعْتُ مُعَاوِيَةَ، خَطِيبًا يَقُولُ سَمِعْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ: مَنْ يُرِدِ اللَّهُ بِهِ خَيْرًا يُفَقِّهُهُ فِي الدِّينِ، وَإِنَّمَا أَنَا قَاسِمٌ وَاللَّهُ يُعْطِي، وَلَنْ تَزَالَ هَذِهِ الْأُمَّةُ قَائِمَةً عَلَى أَمْرِ اللَّهِ لَا يَضُرُّهُمْ مَنْ خَالَفَهُمْ حَتَّى يَأْتِيَ أَمْرُ اللَّهِ"

**"I heard Mu'āwiyah when he was performing a sermon say: I heard Allah ﷻ's Messenger (ﷺ) saying: If Allah ﷻ wants to do good to a person, He makes him comprehend the religion. I am just a distributor, but the grant is from Allah ﷻ. This nation will keep on following Allah ﷻ's teachings strictly and they will not be harmed by any one going on a different path till Allah ﷻ's order is established."**

Sahih al-Bukhari 1

This shows us that if one understands the religion it is a sign that Allāh ﷻ wants goodness for them.

Shaykh al-Islām رحمه الله said:

- 2 "إذا أردت أن تعرف منزلتك عند الله فانظر أين وضعك الله"  
**"If you want to know your station with Allāh ﷻ, look at where Allāh ﷻ has placed you [in terms of the religion]"**

Al-Imām al-Shāfi'ī رحمه الله said:

- 3 "من أراد الدنيا فعليه بالعلم، ومن أراد الآخرة فعليه بالعلم"  
**"Whoever intends this world then upon them is knowledge, and whoever intends the hereafter then upon them is knowledge."**

Seeking knowledge is a means to entering paradise:

The Prophet ﷺ said:

- 4 "وَمَنْ سَلَكَ طَرِيقًا يَلْتَمِسُ فِيهِ عِلْمًا سَهَّلَ اللَّهُ لَهُ بِهِ طَرِيقًا إِلَى الْجَنَّةِ"  
**"Whoever treads the path in search of knowledge, Allah ﷻ would make that path easy, leading to Paradise for them"**

Sahih Muslim 2699

Also, seeking knowledge is a means to gain provision:

Anas Ibn Mālik رحمه الله said:

- 5 "كَانَ أَخَوَانِ عَلَى عَهْدِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَكَانَ أَحَدُهُمَا يَأْتِي النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَالْآخَرُ يَخْتَرِفُ فَشَكَا الْمُخْتَرِفُ أَخَاهُ إِلَى النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقَالَ: لَعَلَّكَ تُرَزَّقُ بِهِ"

**"There were two brothers during the time of the Messenger of Allah ﷺ. One of them used to come to the prophet, and the other had some business. The businessman among them complained to the Prophet about his brother, so he said: Perhaps you are provided for because of him"**

Jāmi' al-Tirmidhī 2345

In reality, seeking knowledge is the best form of provision to enter one’s heart. Money allows one to buy food and nourish their body. However, knowledge nourishes one’s heart.

A poet said:

فقت الروح أرواح المعاني

وليس بأن طعمت ولا شربت

Nourishment of the soul is spiritual meaningfulness

\*\*\*

it is not if you eat or drink



# Actualising Piety

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*Chapter Six*

Taqwā is one of the most important means of success and victory in this life and the hereafter.

Allāh ﷻ said:

1 ﴿فَاتَّقُوا اللَّهَ يَا أُولِي الْأَلْبَابِ لَعَلَّكُمْ تُفْلِحُونَ﴾  
“So be mindful of Allah ﷻ, O people of reason, so you may be successful.”  
Surah Al-Mā'idah: 100

2 ﴿وَمَنْ يُطِعِ اللَّهَ وَرَسُولَهُ وَيَخْشَ اللَّهَ وَيَتَّقْهُ فَأُولَئِكَ هُمُ الْفَائِزُونَ﴾  
“For whoever obeys Allah ﷻ and His Messenger, and fears Allah ﷻ and is mindful of Him, then it is they who will ‘truly’ triumph.”  
Surah An-Nūr: 52

3 ﴿وَلَوْ أَنَّ أَهْلَ الْقُرَى آمَنُوا وَاتَّقَوْا لَفَتَحْنَا عَلَيْهِم بَرَكَاتٍ مِّنَ السَّمَاءِ وَالْأَرْضِ﴾  
“Had the people of those societies been faithful and mindful ‘of Allah ﷻ, We would have overwhelmed them with blessings from heaven and earth.”  
Surah Al-A'rāf: 96

4 ﴿وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا - وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ﴾  
“And whoever is mindful of Allah ﷻ, He will make a way out for them, and provide for them from sources they could never imagine.”  
Surah At-Talāq: 2-3

Al-Imām al-Shāfi’ī رحمه الله said:

يأتيك بالأرزاق من حيث لاتدري ••• عليك بتقوى الله إن كنت غافلا

فقد رزق الطير والحوت في البحر ••• فكيف تخاف الفقر والله رازق

Upon you is the piety of Allāh ﷻ if you are heedless

\*\*\*

provision will come to you from places you can’t imagine

How can you fear poverty when Allāh ﷻ is the provider

\*\*\*

for He has provided for the bird and the whale in the sea

It has been narrated on the authority of al-‘Irbād Ibn Sāriyah that he said:

5 "صَلَّى بِنَا رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ذَاتَ يَوْمٍ ثُمَّ أَقْبَلَ عَلَيْنَا فَوَعظَنَا مَوْعِظَةً بَلِيغَةً ذَرَفَتْ مِنْهَا الْعُيُونُ وَوَجِلَتْ مِنْهَا الْقُلُوبُ فَقَالَ قَائِلٌ يَا رَسُولَ اللَّهِ كَأَنَّ هَذِهِ مَوْعِظَةٌ مُّودَّعٍ فَمَاذَا تَعْهَدُ إِلَيْنَا فَقَالَ: أُوصِيكُمْ بِتَقْوَى اللَّهِ وَالسَّمْعِ وَالطَّاعَةِ..."

“One day the Messenger of Allah (ﷺ) led us in prayer, then faced us and gave us a lengthy exhortation at which the eyes shed tears and the hearts were afraid. A man said: Messenger of Allah (ﷺ)! It seems as if it were a farewell exhortation, so what injunction do you give us? He then said: I enjoin you to fear Allah ﷻ, and to hear and obey...”  
Abū Tirmidhī and Abī Dāwūd

This was the first advice the Prophet ﷺ gave.

Ibn Rajab رحمه الله said:

6 "فهاتان الكلمتان تجمعان سعادة الدنيا والآخرة"  
"These two combine between the happiness in this world and the hereafter"

As Allāh ﷻ advised:

7 ﴿وَلَقَدْ وَصَّيْنَا الَّذِينَ أُوتُوا الْكِتَابَ مِنْ قَبْلِكُمْ وَإِيَّاكُمْ أَنْ اتَّقُوا اللَّهَ﴾  
"We have commanded those given the Scripture before you, as well as you, to be mindful of Allah ﷻ."  
Surah An-Nisā: 131

Also, Allāh ﷻ said:

8 ﴿وَإِنْ مِنْكُمْ إِلَّا وَارِدُهَا كَانَ عَلَى رَبِّكَ حَتْمًا مَقْضِيًّا - ثُمَّ نُنْجِي الَّذِينَ اتَّقَوْا وَنَذَرُ الظَّالِمِينَ فِيهَا جِثِيًّا﴾  
"There is none of you who will not pass over it. 'This is' a decree your Lord must fulfil. Then We will deliver those who were devout, leaving the wrongdoers there on their knees."  
Surah Maryam: 71-72

The happy one is the one who is happy through piety of Allāh ﷻ not one who is happy through his wealth.

The poet said:

ولكن التقي هو السعيد

• • •

ولست أرى السعادة جمع مالا

وعند الله للأتقياء مزيد

• • •

فتقوى الله خير الزاد دخراً

I do not see happiness by gathering wealth  
\*\*\*

however, the pious one is who is happy

For mindfulness of Allāh ﷻ is the best thing to possess  
\*\*\*

and with Allāh ﷻ, the pious ones have extra

# Remembrance of Allāh ﷻ



Chapter Seven



One of the greatest ways to attain happiness is for one to increase in the remembrance of Allāh ﷻ. Islam comes to build a strong connection between the slave and their Lord.

Allāh ﷻ says:

- 1 **﴿فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ﴾**  
**“Remember Me; I will remember you. And thank Me, and never be ungrateful.”**  
 Surah Al-Baqarah: 152

Some of the Salaf said:

- 2 **“إِنِّي أَعْلَمُ مَتَى يَذْكُرُنِي رَبِّي، قِيلَ مَتَى وَكَيْفَ؟ قَالَ: أَمَّا قَرَأْتُمْ قَوْلَ اللَّهِ: فَادْكُرُونِي أَذْكُرْكُمْ”**  
**“I know when my Lord remembers me, it was said: when and how? They said: Have you not read the statement of Allāh ﷻ: remember Me; I will remember you”**

Ibn al-Qayyim رحمه الله said:

- 3 **“لَوْ لَمْ يَكُنْ فِي الذِّكْرِ إِلَّا هَذِهِ وَحْدَهَا لَكَفَى بِهَا شَرَفًا وَفَضْلًا”**  
**“If there was not in Dhikr except this alone it would suffice as an honour and virtue”**

It has been narrated on the authority of Abī Hurayrah رضي الله عنه that the Prophet ﷺ said:

- 4 **“يَقُولُ اللَّهُ عَزَّ وَجَلَّ أَنَا عِنْدَ ظَنِّ عَبْدِي بِي وَأَنَا مَعَهُ حِينَ يَذْكُرُنِي إِنْ ذَكَرَنِي فِي نَفْسِهِ ذَكَرْتُهُ فِي نَفْسِي وَإِنْ ذَكَرَنِي فِي مَلَأٍ ذَكَرْتُهُ فِي مَلَأٍ هُمْ خَيْرٌ مِنْهُمْ...”**  
**“Allāh ﷻ said: I am near to the thought of My servant as he thinks about Me, and I am with him as he remembers Me. And if he remembers Me in himself, I also remember him in myself, and if he remembers Me in assembly I remember him in assembly, better than his”**  
 Sahīh Muslim 2675

Abū Ishāq al-Ilbīrī said:

لتذكر في السماء إذا ذكرت

وأكثر ذكره في الأرض دأبا

**Increase in Dhikr upon this earth**

\*\*\*

**so you can be remembered in the heavens**

Whoever intends to find happiness and tranquillity in their heart then their tongue should be moist in the remembrance of Allāh ﷻ.

Allāh ﷻ says:

- 5 **﴿الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ﴾**  
**“Those who believe and whose hearts find comfort in the remembrance of Allah ﷻ. Surely in the remembrance of Allah ﷻ do hearts find comfort.”**  
 Surah Ar-Ra'd: 28

Dhun-Noon al-Misrī said:

6

"والله ما طابت الدنيا إلا بذكره، وما طابت الآخرة إلا بعفوه، وما طابت الجنة إلا برؤية وجهه الكريم"

**"By Allāh ﷻ, this world has nothing blessed except the remembrance [of Allāh ﷻ]. There is nothing good in the hereafter except if one is forgiven. There is nothing good in Jannah, if you cannot look at the Face of the Most Generous."**

Some of the Salaf said:

7

"مساكين أهل الدنيا، خرجوا منها وما ذاقوا أطيّب ما فيها! قيل: وما أطيّب ما فيها؟ قال: ذكر الله وطاعته"

**"The poor people of this world left it and they did not taste except the best of it! It was said: What is the best of it? They said: The remembrance of Allāh ﷻ and his obedience."**

When one is continuously in the remembrance of Allāh ﷻ the heart tastes a sweetness that nothing in the world can replace.

# Contentment

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*Chapter Eight*

Another means to attain happiness is contentment. It is to be content with whatever Allāh ﷻ has given to you.

Allāh ﷻ says:

1 ﴿مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيَاةً طَيِّبَةً وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ﴾

**“Whoever does good, whether male or female, and is a believer, We will surely bless them with a good life, and We will certainly reward them according to the best of their deeds.”**

Surah Al-Nahl: 97

Ibn ‘Abbās and al-Hasan al-Basrī stated that ‘good life’ means:

2 "القناعة"  
**“Contentment”**

It has been narrated on the authority of ‘Abdillāh Ibn ‘Amr that the Prophet ﷺ said:

3 "قَدْ أَفْلَحَ مَنْ أَسْلَمَ وَرُزِقَ كَفَافًا وَقَنَّعَهُ اللَّهُ بِمَا آتَاهُ"  
**“He is successful who has accepted Islam, who has been provided with sufficient for his want and been made contented by Allah ﷻ with what He has given him”**

Sahīh Muslim 1054

Ibn al-Jawzī رحمه الله said:

4 "من قنع طاب عيشه، ومن طمع طال طيشه"  
**“Whoever is content their life is joyful, but whoever is always wanting more will be fatigued”**

The reality of richness is contentment.

It has been narrated on the authority of Abī Hurayrah رضي الله عنه that the Prophet ﷺ said:

5 "ليس الغنى عن كثرة العرض، ولكن الغنى غنى النفس"  
**“Richness is not the abundance of wealth, rather it is contentment”**

Sahīh al-Bukhārī and Muslim

It has been narrated on the authority of Abī Hurayrah رضي الله عنه :

6 "كُنْ وَرِعًا تَكُنْ أَعْبَدَ النَّاسِ وَكُنْ قَنِعًا تَكُنْ أَشْكَرَ النَّاسِ"  
**“Be cautious, and you will be the most devoted of people to Allah ﷻ. Be content, and you will be the most grateful of people to Allah ﷻ”**

Sunan Ibn Mājah 4217, al-Zuhd al-Kabīr by al-Bayhaqī and al-Targhīb wal-Tarhīb by Ibn Mundhirī

When one has the quality of contentment they are able to manifest thankfulness. Many people are deprived of being thankful because they feel they have not been given enough, therefore they are not content.

It has been narrated on the authority of Sahl Ibn Sa’d رضي الله عنه that he said:



7

"جاء جبريل - عليه السلام - إلى رسول الله - صلى الله عليه وسلم - فقال: يا محمد، عش ما شئت فإنك ميت، وأحبب من شئت فإنك مفارقه، واعمل ما شئت فإنك مجزي به، واعلم أن شرف المؤمن قيامه بالليل، وعزه استغناؤه عن الناس"

“Jibrīl came to Allāh ﷺ’s Messenger and said: O Muhammad, live for however you wish for you will die. Love whoever you wish, for you will depart them. Do whatever you want, for you will be rewarded according to it. Know, that the honour of a believer is his standing at night, and his honour is sufficiency from the people.”

Shu’b al-Īmān by al-Bayhaqī and al-Mustadrak al-Hākim. It has been classed as Hasan by al-Albānī with all its ch

Al-Imām al-Shāfi’ī رحمه الله said:

رأيت القناعة رأس الغنى	• • •	فسرت بأديالهاممتسك
فلاذا يراني على بابه	• • •	فلاذا يراني بن منهمك
فصرت غنيا بلادرهم	• • •	أمرعلى الناس شبه المملك

I see contentment to be the head of richness

\*\*\*

So, I held firmly to its tail

So one will not see be at the door of a person

\*\*\*

nor will they see me hovering over someone

I became rich without money

\*\*\*

I was able to walk around the people similar to a Kin

Also, he said:

إذا ما كنت ذاقلب قنوع	• • •	فأنت ومالك الدنيا سواء
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If you are content in your heart

\*\*\*

then you and the one who possesses the world are the same

# Those Who Have Less

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*Chapter Nine*

One of the ways to attain happiness and tranquillity is to look at the one who has less than you in terms of material possessions.

The Prophet ﷺ said:

- 1 "انْظُرُوا إِلَى مَنْ هُوَ أَسْفَلَ مِنْكُمْ، وَلَا تَنْظُرُوا إِلَى مَنْ هُوَ فَوْقَكُمْ، فَهُوَ أَجْدَرُ أَنْ لَا تَزْدَرُوا نِعْمَةَ اللَّهِ عَلَيْكُمْ"
- "Look at those who are lower than you but do not look at those who are higher than you, lest you belittle the favours Allah ﷻ conferred upon you."**
- Sahīh al-Bukhārī and Muslim

If one looks at those above them, they may become ungrateful. However, if one looks at those below them, it will lead them to gratefulness. There are many blessings such as our; eyes, ears, and legs. Focus on these blessings and this will lead to happiness.

‘Awn Ibn ‘Abdillāh Ibn ‘Utbaḥ رضى الله عنه said:

- 2 "صَحِبْتُ الْأَغْنِيَاءَ فَلَمْ أَرِ أَحَدًا أَكْثَرَ هَمًّا مِنِّي أَرَى دَابَّةً خَيْرًا مِنْ دَابَّتِي وَثَوْبًا خَيْرًا مِنْ ثَوْبِي وَصَحِبْتُ الْفُقَرَاءَ فَاسْتَرَحْتُ"
- "I accompanied the rich, and did not see anyone with more troubles than me. I saw a riding beast that was better than my riding beast, and a garment that was better than my garment. And I accompanied the poor, and felt at ease."**
- Jāmi' al-Tirmidhī 1780

When one is accompanying and befriending the rich people, they can become attracted to it and nothing makes them happy. Therefore, if one wants to be happy, they should look at those who have less than you in relation to the worldly matters.

# The Parents

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*Chapter Ten*



If one is obedient to their parents then Allāh ﷻ will allow you to have a happy life. The happiness of the parents is a means to attain a happy life.

It has been narrated on the authority of ‘Abdillāh Ibn ‘Umar ؓ that the Prophet ﷺ said:

1

"رضى الرب في رضى الوالد , وسخط الرب في سخط الوالد"

**“The pleasure of the Lord is in the pleasure of the parents. The anger of the Lord is in the anger of the parents.”**

Al-Tirmidhī, al-Hākim who authenticated it upon the criteria of Muslim, al-Dhahabī agreed with him and it has been authenticated by al-Albānī in Sahīh al-Adab al-Mufrad.

# Avoid Tribulations

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*Chapter Eleven*

Al-Miqdād Ibn al-Aswad رضي الله عنه said that he heard Allāh ﷻ's Messenger ﷺ say:

1 **إِنَّ السَّعِيدَ لَمَنْ جُنَّبَ الْفِتْنَ إِنَّ السَّعِيدَ لَمَنْ جُنَّبَ الْفِتْنَ إِنَّ السَّعِيدَ لَمَنْ جُنَّبَ الْفِتْنَ وَلَمَنْ ابْتُلِيَ فَصَبَرَ فَوَاهَاً**

**“The happy man is he who avoids dissensions: happy is the man who avoids dissensions; happy is the man who avoids dissensions: but how fine is the man who is afflicted and shows endurance.”**

Sunan Abī Dāwūd 4263 and authenticated by al-Albānī



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